

MAYOR'S MESSAGE



May 2016

We provide professional, efficient services to create a lifetime positive difference for our Community.

Railroad Track Update

During April, the BNSF Railway company spent two and a half days replacing the tracks at the Cameron Way (West Fir Street) crossing of the mainline tracks. The work was accomplished without a hitch, and the ride over the tracks is now much smoother. A similar improvement is planned for the Hoag Road railroad crossing later this year, and information will be presented as soon as a specific date has been determined.



2016 Mayor's Wellness Challenge

The 5th Annual Mayor's Wellness Challenge will take place from June 1-30, featuring a free wellness activity for City residents each day that month.



This year participants can also pick up a Wellness Passport - after attending and receiving a stamp for at least 7 of the 10 events listed, your name will be entered in a Wellness Challenge raffle! Passports can be downloaded from www.mountvernonwa.gov or picked up in person on weekdays from 8:30am – 5pm at the Mayor's Office, 910 Cleveland Avenue; or the Mount Vernon Parks and Recreation Office, 1717 S. 13th Street.

In a truly community-wide effort, Mount Vernon City Hall, Skagit Regional Health, other businesses and non-profits, and the public have come together for a fifth year to host events ranging from Free Gym Day, health screenings, Piano on the Plaza, tennis, pickleball, a Shakespeare Northwest performance, workshops at the Skagit Valley Food Co-op, and more.

Residents can go to www.mountvernonwa.gov and click on the Mayor's Wellness Challenge logo to view the full calendar of events. Participants can also sign up online for the e-newsletter or "like" the Mount Vernon Wellness Challenge page on Facebook to receive daily wellness tips and 'event of the day' information throughout the month of June. Join me in committing to a healthy lifestyle and creating a better place to live, work, and play!

Spring Clean Up Days

A total of **505** Mount Vernon residents recently took advantage of the City's Spring Clean Up Days for single family households, resulting in over 100 tons of yard waste and nearly 63 tons of garbage being disposed of in two days!

The next Clean Up Day event will be held in the fall. The program is a result of the "Healthy Neighborhoods" Strategic Goal adopted by City Council and provides a great opportunity to residents to clean up their property and dispose of a pickup load of garbage, recycling and yard waste at the Public Works Shop Complex for free on a designated day.



Mayor's Coffee Hour

Saturday, May 21, 9:30 - 10:30 am
Mount Vernon Farmers Market
Skagit Riverwalk Plaza

Friday, May 27, 12:00 - 1:00 pm
Mount Vernon Boys & Girls Club
1100 N. LaVenture Road



Ribbon Cutting for the new public restrooms on the Skagit Riverwalk

Mount Vernon Farmers Market

Saturdays from May 21 - October 15
9am-2pm
Skagit Riverwalk Plaza

Seasonal fresh produce, artisan crafts, kids activities, live music and special events! Also, the Wednesday Market continues at Skagit Valley Hospital from June 1-Sept 28, 11am-4pm.

Read the Book/See the Movie: The Princess Bride

Saturday, June 11, 2:30pm
Lincoln Theatre, 712 S. 1st Street

Haven't read "The Princess Bride"? Inconceivable!!! It's the perfect time to read the book and see the movie. Join us for a free showing of "The Princess Bride" followed by a free BBQ/Ice Cream Social in Pine Square. This great event is made possible by an Elks #1604 Beacon Grant.

Day and Night Geocoin Challenge

June 17-19

The main Geocoin event on Saturday has been split into two events, with a 2-piece coin! The Day event features 10 brand new caches spread throughout the City's parks and trails. As night falls, 5 new Night Caches await. Registration begins Saturday at 8am at Vaux Retreat Center, 3011 E. Fir Street. Additional information including all the weekend events can be found on the Parks and Recreation web page at

www.mountvernonwa.gov

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Parks and Enrichment Services Director Bill King



I'd like to introduce (William) Bill King as the City of Mount Vernon Parks and Enrichment Services Director.

Bill is a skilled and experienced administrator. He retired from the Navy after 23 years of service, co-founded A-T Solutions, worked as a Disaster Preparedness Officer for FEMA, and most recently was the Director of Skagit 911 for 3 years.

His passions include bicycling throughout Skagit Valley, hiking and kayaking. He and his wife have two children and three grandchildren. Welcome, Bill!

Poetry in Nature Project

During the month of May, be sure to take the opportunity to visit some of our City's trails while reading some excellent local poetry thanks to "Poetry in Nature."

Poems written by noted Northwest poets, Spanish poems and poems written by area children are being featured on poetry signs along three Mount Vernon trails: Trumpeter Trail between Division and Section Streets, Nature Trail at the base of Little Mountain, and North Viewpoint Trail at the top of Little Mountain. All the poems were donated, including poems by three WA Poet Laureates -- Sam Green, Kathleen Flenniken and Elizabeth Austen.



The project is sponsored by the City of Mount Vernon, Skagit Regional Health, Mount Vernon City Library, City of Mount Vernon Parks Department, Friends of the Mount Vernon Library, and Calling All Colors of Skagit Valley College. We would like to give special thanks to Janice Buchanan, Patt Jorgensen and Alberta Hendrickson for their vision and help making the project a reality. Visit the Library's Poetry in Nature web page at <http://www.mountvernonwa.gov/index.aspx?NID=825> for more information.

Shop Local - This is YOUR Downtown

Investing in the downtown...**maintains a walkable community.**

All walking times are approximate, measured from ★ Pine Square.

1. Lions Park 11 min.
2. YMCA 10 min.
3. Mount Vernon High School 14 min.
4. Edgewater Park 13 min.
5. Grocery Store 4 min.
6. Amtrak Station 5 min.
7. Grocery Store 2 min.
8. Mount Vernon City Library 4 min.
9. US Post Office 8 min.

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Get Involved! Find more info at:

[www.mountvernondowntown.org](http://www.mountvernondowntown.org)

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